



A healthy outside starts from
the inside. ~Robert Ulrich



Did you know.....

**One American dies of ♥ Disease
every 37 seconds!**

Do YOU have any of these risk factors?

- Overweight (BMI > 25)
- High Cholesterol , LDL , or Triglycerides
- Low HDL Cholesterol
- High Blood Pressure
- Smoking
- Diabetes
- Elevated Blood Sugar
- Physical inactivity
- Family history of heart disease
- Waist Measurement >35 for women and >40 for men.

**If you have CNIC, Janiece Murri, RN can
help you reduce your risk factors!**

**1-800-426-7453 x 1266
jmurri@cnichs.com**

February Healthy 4U Challenge:

**Name 3-healthy ways that effectively help
you deal with stress & share with at least
3-people you know.**

**Check to see if your healthcare
provider is in the City's Network:**

Wyoming: 1st Choice of the Midwest
(888)246-9949 www.1choicem.com

Out of State: PHCS Healthy Directions
(800)678-7427 www.multipplan.com

Always confirm to see if your doctor is in-
network and if their practice is in-network B-4
your appointment! *Makes a big difference in
what you pay for!*

FEBRUARY 2012



Bi-Weekly Stall Talk

City Employees!

The **Casper Rec Center** is an excellent,
healthy resource for you & your
family's fitness goals!

Visit the Rec Center to try out any of their
fitness classes—your first class is **FREE!**



Call 235-8383 for more details!

**Eat
Right
For Life**

**10-Week Challenge
Feb. 27th - May 4th**



- **Do Your Fats Right**
- **Do Your Carbs Right**
- **Eat Your Fruits and Veggies**
- **Select The Right Proteins**
- **Drink the Right Beverages**

Sign-up the week of Feb. 20th - 24th.
Check the City Intranet main page for
more information or ask your Health &
Safety Representative. Open to all em-
ployees & spouses.

Learn & Eat Right!

February Safety Answer:

**What event would trigger an
automatic investigation by OSHA?**

- A. Three or more employees hospital-
ized from the same event.
- B. Fatality
- ☒ C. A & B
- D. None of the above

**Remember...Healthy Employees are
Safer Employees!**